### Sports Performance:

**REC 1040-Foundations for Training 1 (no pre-req)**

**REC 2040-Foundations for Training 2 (REC 1040 pre-req)**

Depending on the number of hours, the interest of your students, what other courses they’ve taken and the teacher expertise, could go in a couple of directions…and you could also combine any of these options too….

#### Project courses

**REC project course** (s)-y these can be created with your students or even have the students build the projects on their own at least one at the intermediate level to connect to the two Foundations for Training courses. The templates are on the AB Ed website <http://education.alberta.ca/teachers/program/cts/resources/templates.aspx>

#### Sports Pyschology interests….

**REC 1050-Sports Pyschology 1 (no pre-req)**

**REC 2050-Sports Pyschology 2 (REC 1050 pre-req)**

#### Advanced Training…your hard-core workout people...focus here is biomechanics and physiology.

**REC 3010-Human Movement (pre-req is HCS 1050 Musculoskeletal System, which some of your kids will have)**

**REC 3040-Training and Conditioning (pre-reqs are REC 3010 Human Movement and HCS 1080 Cardiovascular System, again which some of your kids will have)**

There is also a course called **CCS 1020-Back Care Basics** that might be of interest….it might fit in well with shop classes as well. It deals with the structure and function of the spinal column and back, looks at causes and treatments of back injuries, and preventative measures for back care. There is also a focus on safe lifting practices related to OH & S.

Sports Nutrition

**REC 2010-Nutrition for Recreation Activities and Sport** (no pre-req). This is the course that is supported with a resource from the Sports Medicine Council of Alberta.

**HSS 1020-Nutrition and Wellness** (no pre-req AND we have a complete Distributed Learning resource for this course).

**FOD 1010-Food Basics** is also a good fit…the trick is making sure it hasn’t already been done by your students in another CTS class like Home Ec.

Again, depending on what the students have taken**, a project course** could be developed.